

# Data from authoritative bodies

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**This is a discussion paper. It does not reflect the views of the Committee. It should not be cited.**

13. Multiple authoritative bodies have reviewed the data on *G. cambogia*. For example, in European and international vigilance systems several reports of hepatic, digestive (pancreatitis), cardiac and muscular (rhabdomyolysis) damage as a result of consumption of supplements containing *G. cambogia* have been identified.

## **ANSES**

14. It should be noted that paragraphs 15 and 16 were summarised from the relevant webpage of ANSES (ANSES, 2025b) rather than information from their opinion which is published in French.

15. The ANSES assessment highlighted 38 cases of adverse effects reported between 2009 and March 2024 (as identified in the French nutriviigilance scheme). They further “identified several drug interactions that can lead to an increase in adverse effects or cause medicines to lose their efficiency.”, from their analysis of other vigilance systems and literature review.

16. From their review of the literature, adverse effects were observed in people with various health issues like psychiatric disorders, pancreatitis or hepatitis, diabetes, obesity or hypertension. Those on certain medications that affect liver function, antiretroviral treatments or antidepressants were also seen to be negatively affected by consumption of *G. cambogia*. Those without any previous medical problems were also reported to have severe health effects following consumption of *G. cambogia*.

17. As mentioned in paragraph 4, the FSA commissioned a third party to translate the ANSES Opinion for the sole purpose of supporting the COT in their assessment of *G. cambogia* in food supplements. It is not an official translation endorsed by the ANSES. The following paragraphs provide a summary of the approach used by ANSES and their conclusions.

18. ANSES’ goal was to review the existing data on the physicochemical [and toxicological] properties of *G. cambogia* Desr., and analyse clinical cases from literature and vigilance reports to draw conclusions.

## **Classification and Taxonomy**

19. *G. gummi-gutta* (L.) N. Robson is commonly known as the Malabar tamarind tree. In the scientific literature or on the labelling of marketed products it is referred to as *G. cambogia* Desr., It belongs to the Clusiaceae family and has 18 genera. The genus *Garcinia* was found to include nearly 404 species.

20. The French regulations allow the use of the fruit, fruit peel, and gum resin from *G. gummi-gutta*, as well as the fruit, fruit pulp, and pericarp (rind) of *G. mangostana* in food supplements.

21. ANSES observed that researchers and regulatory bodies utilise the name *G. cambogia* for *G. gummi-gutta*, which creates confusion. As such in their assessment, *G. cambogia* Desr., denotes *G. gummi-gutta*.

## **Botanical data and geographical distribution**

22. ANSES described that the species of the genus *Garcinia* is widespread in tropical regions. *G. cambogia* Desr., is native to India, Sri Lanka and Nepal but has been introduced to other subtropical areas in Asia including China, Malaysia, Indonesia and the Philippines, as well as to West Africa and Polynesia.

## **Traditional uses of the plant and associated economic activities**

23. ANSES found that the Indian populations had historic use of *G. cambogia* Desr., in several applications: medicinal, culinary, crafts and construction.

24. The fruits are edible; however, they are too acidic to eat raw and are processed into marmalade, vinegar or dried to use in condiments. The pericarp [rind] is sun-dried and are sold as is or ground into powder. It is traditionally used as a spice to act as a flavour enhancer and/or a preservative. Other food uses for the rind include non-alcoholic drinks and syrup. The bark has been used to produce fermented alcoholic drinks, whilst the seeds can be extracted for vegetable oil.

25. In Indian folk medicine, *G. cambogia* Desr., has been used to treat oedema, delayed menstruation, digestive disorders (in particular, chronic diarrhoea). The emetic properties of *G. cambogia* Desr., have been described as treatment for intestinal parasites. Various decoctions have been described to treat rheumatism and management of cardiovascular conditions.

26. It was found that the literature attributed these food and medicinal uses to other species of *Garcinia*, thus it is difficult to definitively associate them with

*G. cambogia* Desr.

27. In 2014-2015, the Indian industry was reported to have an annual use of ~300 tonnes (dry weight) of *G. cambogia* Desr., fruit. Exported quantities ranged from 100 to 5,000 tonnes per year between 2005-2015, where more than half was destined for the United States of America, and the remainder exported to South Korea, Japan, Germany and Australia.